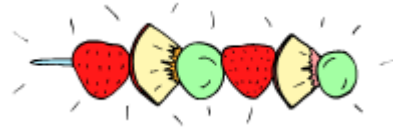


# Fresh Fruit and Vegetable Program Celebration and Snack Ideas

## Luau

Try offering a spread of delicious tropical fruit. Consider including pineapple, kiwi fruit, mango, papaya, and star fruit. Ask students to color pictures of fruits and vegetables and string them on a necklace separated by drinking straw segments to create a fruit lei.

If you're not planning a buffet-style event, consider trying fruit kabobs!



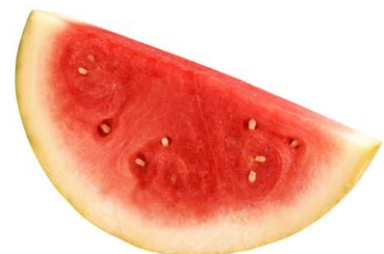
## Berry Festival

Consider a week long berry festival. Offer a different variety of berry every snack day – strawberry, blueberry, raspberry, blackberry, and even cranberry! Students will learn the different colors, textures, shapes, and tastes of berries. End the week by offering classrooms platters of a variety of berries for students to choose their favorites from.



## Melon Madness

Melons are a very popular family of fruit. Consider having a special month dedicated to melon. Serve traditional melons like watermelon, honeydew, and cantaloupe (muskmelon), but also try the Persian melon, Crenshaw melon, and casaba melon.



### **Have you ever tried...**

Introduce new fruits that they have never tried before. Try highlighting some exotic fruits that your students have never tasted before. Some fruits to consider include cherimoya, coconuts, guava, kiwano melon, lychee, and quince. Please visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) for more information on exotic fruits and vegetables.

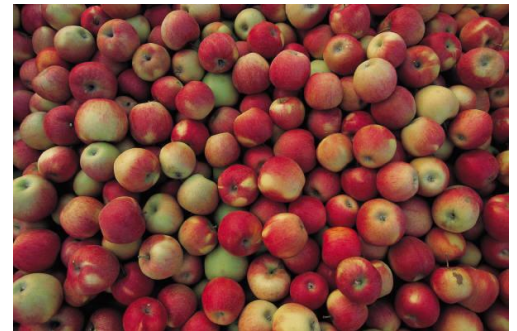


**Kiwano Melon**

[http://www.fruitsandveggiesmatter.gov/month/exotic\\_winter\\_fruit.html](http://www.fruitsandveggiesmatter.gov/month/exotic_winter_fruit.html)

### **Apple Tasting**

An apple tasting event is a great way to kick off your program in September, but could be offered any time throughout the year. Choose a variety of apples and offer students an opportunity to try as many varieties as they like. Include Red and Golden Delicious, Gala, Granny Smith, McIntosh, Fuji, and Jonathan varieties.



This event could be done as a large assembly or done by sending sliced apples to classrooms. Be sure to label each bag, platter, or basket with what the apple variety is so students can learn their favorites. Pears, bananas, and grapes also have many varieties that could be used in a fruit tasting festival.

### **Citrus Smash**

The citrus family is a diverse family of fruit. Oranges, blood oranges, clementines, and tangerines are typically quite popular. Don't be afraid to offer lemons, limes, and grapefruit as well. The fruits may be offered multiple times during a month to offer students the opportunity to try a variety of citrus fruits and learn the differences between taste, size, and color. You also may consider offering the ugli fruit and kumquat.











### **Stone Fruit Frenzy**

Peaches, apricots, nectarines, plums, and cherries all have a hard center pit – making them members of the stone fruit family. Introduce students to this family of fruit and allow students to examine the similarities and differences between the individual fruits.



## Garden Party

Highlight vegetables and capitalize on a great education opportunity by celebrating a month of vegetables. People eat many different parts of a plant when eating vegetables – roots, stems, leaves, and flowers. Highlight a different category each week of the month.

MONDAY		WEDNESDAY		FRIDAY
Carrots		Radish		Sweet Potato Sticks
Celery		Asparagus		Rhubarb
Lettuce Mix		Cabbage		Spinach
Broccoli		Artichoke		Cauliflower

For a different take on a garden party – ask a registered dietitian or other food expert to speak at a nutrition education assembly. Prepare four different tables to present a buffet selection of the different edible portions of a vegetable.









## Salad Splendor









Offer students the opportunity to build their own salad by providing classrooms with a salad green mix, tomatoes, shredded carrots, colorful pepper slices, and any other salad favorite. Students can build the salad of their choice with the ingredients provided. You also may offer reduced-fat or fat-free salad dressing. Education opportunities include the importance eating a rainbow of colors, nutrient differences between vegetables, and portion size. A cup of salad counts as  $\frac{1}{2}$  c of your daily vegetable needs. School aged children need 1.5-2.5c of vegetables each day.











## Color of the Month

Consider color themes for a month. Think about highlighting orange foods in October, red foods in February, and green foods in March.

MONDAY		WEDNESDAY		FRIDAY
Orange		Carrots		Cantaloupe
Sweet Potatoes		Tangerine		Peach
Clementine		Squash		Apricot
Orange Bell Pepper		Nectarine		Papaya

MONDAY		WEDNESDAY		FRIDAY
Apple		Radish		Watermelon
Grape		Rhubarb		Strawberry
Cherry		Tomato		Pomegranate
Raspberry		Red Bell Pepper		Cranberry

MONDAY		WEDNESDAY		FRIDAY
Broccoli		Grapes		Celery
Cucumber		Honeydew		Spinach
Green Bean		Kiwi Fruit		Avocado
Snap Peas		Pear		Lime